

# *Maintaining a Healthy Forest Can Help You Maintain Good Health*

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Photo by LaKedra Byrd

*Ms. Ellen Byrd keeps fit by working on her property.*

**W**hat a great combination – a gathering that combined the health of the forest and the health of the individual. Ms. Ellen Byrd, the owner and operator of the *Black Freedmen's Living Historical Farm for Children* in Furman, Alabama (Wilcox County), recently hosted a “Wellness Enhancement Gathering.” Over twenty people were in attendance. Generally, this farm for children presents educational programs that inform the community about environmental issues and forest management, but this time there was a twist from the norm. This gathering focused on

health; not necessarily the health of the forest, but the health of the individual. A healthy forest cannot be maintained without a healthy landowner.

The Wellness Enhancement Gathering was presented by *The Purification Garden*. Topics provided to attendees included meditation and proper breathing techniques, massage therapy, skin care, and nutrition.

In order to enjoy and work our land, it is important for landowners to remain active and practice a healthy lifestyle. 🌿